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metroNEWS

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EDUARDO LIMA/METRO

BOOM. BABIES.

Nicole Bennett is leading a midwife movement in Toronto to keep up with the baby boom metroNEWS

Province pitches plan to counter systemic racism

NEW LEGISLATION

Race-based data, action plan for black youth parts of strategy

The provincial government has announced a new three-year strategic plan to fight systemic racism, pledging to introduce new anti-racism legislation, commit $47 million to a black youth action plan, and start collecting race-based data in various institutions.

The plan was developed by Ontario's anti-racism directorate, which was established a year ago under the purview of Michael Coteau, minister of children and youth services.

Under the new plan, Queen's Park will introduce a framework for collecting race-based data across various institutions, including in the justice, education, health and child welfare sectors — a move that anti-racism activists have long called for.

The directorate will also introduce an action plan for black youth and new legislation to "ensure future sustainability and accountability of the government's anti-racism work."

Other measures include public awareness initiatives and an "assessment framework" that will address unconscious bias in policies, programs and government decisions.

"Our government is ready to take responsibility and to make change," Coteau said. "This specific strategy has been a year in the making ... and it's taken us decades to get to this point. And I believe that it's never too late for us to correct our course."

The anti-racism directorate was formed to "address racism in all its forms" in February 2016 — 10 years after the Ontario government first passed legislation that enabled the formation of such an office.

TORSTAR NEWS SERVICE

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metro NEWS

Your essential daily news

WikiLeaks publishes huge trove of what it says are secret CIA documents. **World**

Christina Coady, a brewer at Folly Brewpub, says she is encouraged by the ways women in the GTA can get involved in the industry. EDUARDO LIMA/METRO

'Small step, but a good step'

CRAFT BEER

Association announces scholarships for women

David Hains
Metro | Toronto

As part of a larger effort to support women in the industry, the Ontario Craft Brewers (OCB) association announced new scholarships on Tuesday.

The scholarships will allow up to six women to complete Level 1 courses in the internationally-recognized Cicerone Certification Program, widely regarded as the top beer-related certification course.

Garnet Pratt Siddall, chair of the OCB, said the announcement is the first of many female-friendly initiatives the organization will explore in the coming months.

"The brewing industry is quite male-dominated," the former investment banker told Metro — however, there's a lot of enthusiasm among membership to address the issue, and the organization is putting together an ongoing working group to share ideas.

"People are very keen. A lot of women have come forward to help out."

Siddall said that while the OCB currently lacks stats on the gender breakdown of its membership, that will be the next big project they undertake.

Collecting these numbers well help establish a baseline to judge their progress, she added.

Christina Coady, co-head of brewing at Folly Brewpub in downtown Toronto, was encouraged by the scholarship announcement.

"It's a small step but a good step," said Coady, who is not an OCB member.

Coady got her start home brewing in Newfoundland and she's encouraged by the new and varied ways women can get involved in the GTA.

She stressed that while gender representation remains a concern, there are women at all levels of the local beer industry and things are steadily improving.

"There's been a lot of awareness that this is a problem, and we're seeing it become less of a thing," she said.

HOW TO GET INVOLVED

Christina Coady of Folly Brewpub gave Metro the lowdown on different ways women can get involved with craft beer.

- **Barley's Angels** holds casual meet-ups at bars and breweries on the 15th of each month. Head to barleysangels.ca
- **The Society of Beer Drinking Ladies** is for those "passionate about all things craft beer" and meets on the last Friday each month. See ladiesdrinkbeer.com/about-us
- **Folly Brewpub** will mark International Collaborative Women's Brew Day on Saturday from 12 to 4. It's already at capacity, but you can add your name to the waiting list by sending an email to info@follybrewing.com.

Small distilleries to get $4.9M boost from province

Small cider producers and distilleries in Ontario will share $4.9 million in aid over the next three years to help purchase new equipment, hire more staff and expand their production.

The support program will provide up to $220,000 a year to eligible producers helping them to make cider and spirits such as vodka and gin on a larger scale, Finance Minister Charles Sousa announced Tuesday.

"Ontario's cider and spirits industry is growing at an exciting pace," he said at the Summerhill LCBO store with Agriculture, Food and Rural Affairs Minister Jeff Leal.

The money will provide "additional tools to help them succeed," Sousa added.

Cider sales at the LCBO grew 54 per cent last year to $5.1 million, with the industry in total selling $12.3 million, including sales at cider producers.

Sales by craft distilleries at their own stores, and in the LCBO, totaled $5.5 million, a 62-per-cent increase over the prior year.

In another change, smaller spirits producers will soon be allowed to deliver their products directly to bars and restaurants.

The subsidies will total up to 74 cents per litre of cider and up to $4.42 per litre of spirits on eligible sales.

"This is tremendous news," said Thomas Wilson, chair of the Ontario Craft Cider Association, which represents 27 of the 43 cider producers in Ontario.

There are 230 apple growers supplying the cider industry.

"The program will ultimately result in more apple trees in the ground and increased rural economic activity from farm to glass. . . . This is a great step to growing our world-class cider industry," added Wilson, owner of Spirit Tree Estate Cideryin Caledon.

TORSTAR NEWS SERVICE

Toronto DIGEST

Film based on life of Rob Ford 'hurtful': Doug Ford

Former city councillor Doug Ford said the movie loosely based on the life of his late brother Rob Ford is "hurtful" and called the people behind the film "scumbags."

Speaking to Newstalk 1010's Rush with Ryan Doyle and Jay Michaels program Tuesday, Ford called the film Filth City "a joke."

"It's not even accurate, even the trailer, people getting shot. You've got to be kidding," Ford told Newstalk 1010. "It's outside of Rob had that issue, went and got help, I was proud of him. After that a loss of life so it's hurtful."

TORSTAR NEWS SERVICE

Students raise funds for girl who lost family in fire

When Tanvir Sarao arrived at school the morning of Feb. 14, a Brampton house fire had left three dead: Iftekhar Niazi and his wife Jyoti Kapadia, and their 19-year-old daughter Amina Kapadia.

With the help of his Grade 5 teacher Banno Sachdev at Khalsa Community School, Tanvir and his classmates Jora Sidhu and Avni Saxena organized a school-wide fundraiser.

Together, they've already raised $3,000 and they're hoping to push that to $7,500 in the days to come, according to Sachdev, who said the goal is to generate enough funds to build an RESP for Zoya.

TORSTAR NEWS SERVICE

Teacher pleads guilty

An Ontario middle-school teacher who had sexual encounters with several students and traded nude photos with them pleaded guilty to seven charges Tuesday in what her lawyer said was an effort to take responsibility for her actions.

McLaren pleaded guilty to two counts of sexual exploitation, two counts of luring, possession of child pornography and making explicit material available to people under 18 and people under 16.

McLaren is set to be sentenced May 19 after undergoing a sex offender assessment and the Crown has indicated it will seek a jail sentence.

TORSTAR NEWS SERVICE

3 SUGGESTIONS TO ADDRESS SHORT-TERM RENTALS

It's another disruption at city hall. The city is grappling with how to regulate short-term rental platforms, and there's no shortage of opinions on what to do. Enter Fairbnb, a coalition supported by labour unions, the hotel industry and affordable-housing advocates, which has come out with a new report on regulations. Here are some of their ideas. **MAY WARREN** METRO

1 One host, one listing

Fairbnb suggests the city pass a bylaw that allows just "one host, one listing" on short-term rental sites and requires proof that the listing is the host's primary residence.

This means if you want to rent out that spare bedroom in your home, it would be allowed. But you would have to prove you live there and that it's the only listing you have.

The idea is to prevent landlords from converting longer-term rental units into places that serve tourists on short-term stays to the city.

ONGOING DEBATE

With Toronto's vacancy rate so low, Fairbnb charges that Airbnb takes much-needed rentals off the market for longer-term tenants.

But Airbnb argues most hosts are merely renting out a spare room and using the money to supplement skyrocketing housing costs.

City staff will report back with recommendations sometime later this year.

2 Background checks and condo rules

The coalition also asks for hosts to provide criminal background checks, proof of ownership and comply with apartment or condo board rules around short-term units.

This could be controversial, as many condo boards don't allow short-term rentals.

Fairbnb charges in their report that the majority of Airbnb listings in Toronto are concentrated in downtown condos that are becoming "ghost hotels."

Airbnb counters that 88 per cent of hosts have only one home listing.

3 City permits and sharing data with the municipality

Fairbnb recommends hosts should register for an annual City of Toronto permit that would trigger a home inspection for safety.

The coalition suggests short-term rental sites such as Airbnb would then only be allowed to market units that had a valid home-sharing permit number and would be required to provide data to help the city enforce these rules.

Airbnb has been criticized for not being transparent enough with its data in Toronto and other cities.

The company did, however, release a voluntary report with Toronto-specific data in September.

But critics like the Fairbnb coalition argued the company cherry-picked data and didn't offer meaningful numbers.

REPORT

Make neighbourhoods seniors-friendly

Gilbert Ngabo
Metro | Toronto

A revamped strip mall, Shops At Don Mills, is an example of how suburban neighbourhoods can be redesigned to become more friendly to seniors. TORSTAR NEWS SERVICE

It's getting more challenging to age in the city.

The Institute for Research on Public Policy released a report on Wednesday that shows Toronto and other Canadian municipalities have failed to become age-friendly, and must rethink development policies to better accommodate an aging population.

Challenges included a lack of walking infrastructure and community amenities, and shopping centers built for car access.

The report concludes that seniors are finding it hard to "age at home."

"Commitments have been made but we've yet to see efforts to link the pressing needs of older adults with land use planning process," said Glenn Miller, senior associate at the Canadian Urban Institute in Toronto and author of the report.

Toronto has had a seniors strategy that aims to enhance the safety, independence and dignity of senior residents. But Miller said the emphasis must be put in redesigning neighbourhoods to make them more walkable, bikeable and transit-friendly.

"The Shops at Don Mills project is a perfect case study," he said of the Eglinton-Don Mills area that has undergone transformation to become an open and accessible shopping plaza.

It's paramount to design cities with seniors in mind because their numbers will continue to increase, said 8 80 Cities founder and chair Gil Penalosa. Seniors' biggest concerns are mobility and isolation, he says, so more urban parks and public spaces are important.

"Everyone sooner or later is going to be an older adult. If we make the city better for seniors, life becomes better for everyone," Penalosa said.

POPULATION

According to the No Place To Grow Old report, by 2041 one in four Canadians — more than 10 million will be seniors.

PUBLIC TRANSIT

Committee approves subway extension

With no certainty on funding from other levels of government or certainty on costs, Mayor John Tory's executive committee supported moving ahead with a one-stop subway extension in Scarborough on Wednesday.

While critics called the plan estimated to cost at least $3.35 billion an "albatross" that is destined to be a "colossal mistake," Tory and supporters said they were "diligently" moving ahead with the plan as promised while contradicting evidence from city staff on the benefits of a subway.

> **It's time to say to Scarborough, you are included.**
> Mayor John Tory

"It's time to build," Tory said at the committee ahead of a vote, adding a reference to his 2014 mayoral campaign slogan: "It's time to say to Scarborough, you are included in One Toronto."

Executive committee approved the plan, which includes aligning the subway along McCowan Ave., in a near-unanimous vote. Only Coun. Paul Ainslie, who has supported a light-rail plan, voted against it.

A motion from Tory to review options for the private sector to help finance a $187 million bus terminal — recommended by staff and now included in the cost of the subway extension — was also approved. TORSTAR NEWS SERVICE

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Young people explore the future of diversity

RECONCILIATION

New series of events looks at racism, more

Gilbert Ngabo
Metro | Toronto

In the midst of Canada 150 celebrations, Max FineDay is concerned with what lies ahead.

"What's there to celebrate? It isn't the oppression, all the broken promises to Indigenous people," said the Toronto resident and member of the Sweetgrass First Nations in Saskatchewan. "For me, what's more important is the next 150 years and how we bring diverse communities together."

He and other Toronto youth are addressing that need through a new dialogue series called All My Relations, which aims to add young voices to discussions on issues of solidarity and reconciliation.

Max FineDay is one of the organizers of the All My Relations series that will start Wednesday in Toronto. EDUARDO LIMA/METRO

This Wednesday, the first such event will take place in Toronto and bring together young Muslim and Indigenous panelists to explore perspectives on racism, Islamophobia and colonialism.

FineDay is co-executive director of Canadian Roots Exchange, a Toronto-based non-profit working to create bridges between Indigenous and non-Indigenous young people across the country. He adds that now is the time to remember we're all related.

"It's no secret that folks from Muslim communities face discrimination and prejudices, much like Indigenous people," he said. "This is an opportunity to start getting to know one another better and work together for the common good."

The series also explores how solidarity can help foster reconciliation across the country. As people learn about the history of "injustices and trauma of our country," they'll also appreciate living together as members of one nation, added FineDay.

"That's the beauty of Toronto," he said. "Those who've been here since time immemorial and those who arrived here yesterday make one community."

EVENTS

When
All My Relations begins Wednesday at UTS High School (371 Bloor St. W.) at 6 p.m. Similar events will be held nationwide in 2017.

Who
Panelists include choreographer and activist Sarain Fox, human rights activist Ausma Malik, and author on Indigenous issues Zainab Amadahy.

ACCESSIBILITY

Wheel-Trans opens to more passengers

For Jack Fuller, taking the TTC can be an overwhelming and stressful ordeal.

The 16-year-old East York resident has severe social anxiety that often makes crowds on a packed bus or subway too much.

"He just won't get on by himself. And even if he's coming with us it's a big argument," said Jack's mom, Cindy Monk-Fuller.

Monk-Fuller drives Jack to school every day, but his not being able to take public transit gives them little daily flexibility.

"If I go away for a couple of days, it's, 'How's Jack going to get to school?'" said Monk-Fuller.

She also worries about her son's future if his condition persists. "If he's not over this, the poor guy can't go anywhere for the rest of his life," she fretted.

That's why Monk-Fuller says she was "over the moon" when she found out that under new rules that went into effect on Jan. 1, Jack and others like him could be eligible to take Wheel-Trans instead of the TTC.

The unprecedented regulations extend eligibility for the service beyond passengers with physical mobility issues to those with cognitive, sensory, or mental health disabilities that stop them using conventional transit.

Many like Jack Fuller will benefit from the service.
CARLOS OSORIO/TORSTAR NEWS SERVICE

Last year, Wheel-Trans carried 3.9 million passengers with disabilities from door to door in specialized buses or in hired taxi cabs. The rides cost the same as a regular TTC fare and are subsidized by the transit agency at a cost of about $30 per trip.

Thanks in large part to the city's aging population, demand for Wheel-Trans was already surging before the new eligibility criteria went into effect. According to the transit agency, in 2017 alone it's expected to rise by another 20 per cent, to 4.7 million trips.

TORSTAR NEWS SERVICE

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Why it's hard to find midwives

HEALTH

Population increase means more needed: Program head

May Warren
Metro | Toronto

Nicole Bennett is a registered midwife and the director of Ryerson University's Midwifery Education Program. EDUARDO LIMA/METRO

Less than a week after she learned she was pregnant, Victoria Baranow started calling around to see if any GTA midwives could support her care.

"I did the same thing with daycare," she said with a laugh.

"I was a little bit nervous because I really wanted that experience as opposed to an obstetrician."

The 33-year-old only waited about two weeks to get a spot with a Toronto midwife clinic, and had the "more inclusive" care she wanted during the birth of her baby boy.

But not everyone is so lucky.

"I know that in the GTA it's hard to get a midwife," said Nicole Bennett, a registered midwife and the director of Ryerson University's Midwifery Education Program.

"As we grow, the demand grows."

Bennett is happy women are asking for midwifery care, but added it's unfortunate when they don't get it.

Due to safety issues, there are restrictions on the maximum number of expectant moms clients can take in at one time.

> **"As we grow, the demand grows."**
> Nicole Bennett

While "babies have been born by midwives for many, many generations," in North America midwifery stopped being practised around 1900 until a resurgence in interest in the 1970s and '80s she said.

Midwives have been regulated in Ontario since the early 1990s, Bennett added, and are fully covered by OHIP.

"We started with I think 60 in our first year of being regulated and now there's over 900," she said.

Bennett believes a comprehensive plan from the province on maternity care and increased hospital privileges for midwives would help.

"Graduating more new midwives would hopefully be part of that plan to help the growth," she added.

Mumps in two schools

Toronto is on pace for a record number of mumps cases this year, with two more cases confirmed, one each at two local schools on Tuesday. The total confirmed cases now stands at 28.

The last largest mumps outbreak on record was in 2009, according to public health officials, when 33 cases of mumps were confirmed in the city.

Shari Schwartz-Maltz, a spokesperson for the Toronto District School Board, confirmed on Tuesday that two students had mumps. The affected students attend King Edward Junior and Senior Public School and Hodgson Senior Public School.

TORSTAR NEW SERVICE

Humber Cinema

Tuesday's edition of Metro Rui Pereira owns Kingsway Theatre and is not connected to Humber Cinema. A photo on page 4 of Tuesday's paper was misleading.

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Taxi verdict appeal is 'a big relief'

HALIFAX

Woman at centre joins rally as Crown preps move

Haley Ryan
Metro | Halifax

As hundreds of people gathered in Halifax to raise their voices in protest against a judge's recent sexual assault acquittal, the woman at the centre of the case stood amongst them as another face in the crowd.

The passenger in the case around taxi driver Bassam Al-Rawi said she originally didn't want to attend the rally against Judge Gregory Lenehan's ruling, but on Tuesday she saw the Crown would be appealing the case and began "feeling the excitement around the city."

"I didn't talk to anybody, I just kind of watched," she said in a phone interview, adding with a laugh she was frozen after standing in the cold, "but it was worth it."

The woman, whose identity is protected by a publication ban, said she had mixed feelings on the Crown's appeal, which includes six specific examples where they say Lenehan erred in his decision.

"It was a big relief, with just an undertone of dread that it might end up leading to a retrial. But I mean all in all, the good outweighs the bad there," she said.

The Court of Appeal still must decide whether a retrial could happen, and while the woman said she knows it will likely be a long time before she'd possibly testify, she's prepared for much more public attention.

In a way, the woman said the publicity could make it easier because the first time around only reporters and Al-Rawi's supporters were there, so average citizens crammed into the courtroom "would honestly make a difference."

"(There's) something that's gratifying about people who don't even know you coming out to support," she said. "That's been really cool."

People turned out in the hundreds Tuesday to protest last week's ruling by Judge Gregory Lenehan in Halifax on Tuesday afternoon. JEFF HARPER/METRO

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ASYLUM SEEKERS

Advocates worry about border crackdown

On the eve of the U.S. homeland security secretary's visit to Canada, refugee advocates worry Ottawa could ask the Americans to beef up border enforcement to curb the flow of asylum-seekers coming into the country.

The surge of illegal crossings in recent months is expected to be a key issue on the agenda between Public Safety Minister Ralph Goodale and U.S. Secretary John Kelly.

"They have done it in the past and started arresting people coming up at the border. Canadian officials can ask the Americans to boost enforcement," said Janet Dench of the Canadian Council for Refugees. "It would be really disturbing if Canada is going to push the U.S. to do that."

The Department of Homeland Security has yet to officially announce Kelly's trip, but Canadian cabinet minister Marc Garneau has told the media it could be as early as Friday. The American embassy in Ottawa would not confirm the meeting.

An RCMP officer warns a family they will be arrested if they cross into Canada from Champlain, N.Y., last month. TORSTAR NEWS SERVICE

In the first two months of 2017, some 1,700 refugee claims were filed at the land border across the country, including asylum-seekers who entered outside of an official port of entry, which officials call "irregular" crossings, and those who crossed legally at a border enforcement station.

Quebec, which has seen the highest number of irregular crossings across Canada so far this year, has already received 1,087 land-border claims. That's 43 per cent of the total for all of 2016.

On Tuesday, Goodale said the government is working on contingency plans should the situation along the border change. Contingencies being considered include the possibility of a larger number of migrants attempting the crossing as the weather improves and threats to the safety of migrants in case of flooding along the Red River near Emerson, Man., another hot spot for irregular crossings.

"We are examining all of that, the physical circumstances, the forces or factors that might pull that migration (away) and others that might push it (toward Canada). I mean all of that is being carefully analyzed," Goodale said.

"As the circumstances evolve, we want to make sure that we've thought it through in advance and we have ourselves in a position to deal with it effectively."

TORSTAR NEWS SERVICE

PRIVACY

Parliament to vote on genetic testing bill

After a flurry of intense lobbying from insurance companies, health charities, a handful of provinces and the justice minister herself, the fate of a controversial genetic testing bill is now in the hands of Parliament.

MP Rob Oliphant has been shepherding the Genetic Non-Discrimination Act through the House of Commons, where it is back up for debate and could come to a final vote Wednesday.

The legislation would make it illegal to require someone to undergo or disclose the results of genetic testing as a condition of signing or continuing an insurance policy or any other agreement. THE CANADIAN PRESS

COUNTRY RANKINGS

Canada is tops for quality of life, No. 2 overall

For the second year in a row, Canada is the runner-up for world's best country in a global poll.

Switzerland grabbed the No. 1 spot in the survey from US News & World Report, which evaluated 80 countries across 24 rankings based on responses from more than 21,000 people.

Canada did rank first in the Quality of Life category, scoring a perfect 10 based on factors such as economy, public education and health care. METRO

Jewish centres in U.S. and Canada get bomb threats

Jewish community centres in Toronto and London, Ont., were among several across North America that received bomb threats on Tuesday.

Police say the Miles Nadal Jewish Community Centre in Toronto was evacuated out of "an abundance of caution" in light of threats made in New York, Oregon, Wisconsin, Illinois, Florida, Maryland.

> **These sorts of things are just unacceptable.**
> Neil Corrigan

The Centre for Israel and Jewish Affairs says a bomb threat made against the London Jewish Community Centre was the second it has received in the past two months. Both facilities reopened after police provided the all clear.

In the U.S., the Anti-Defamation League and several Jewish community centres across the country got a round of bomb threats Tuesday, including five in New York City.

U.S. federal officials have been investigating more than 120 threats against Jewish organizations in three dozen states since Jan. 9 and a rash of vandalism at Jewish cemeteries. None of the threats have resulted in physical injury.

"We need to learn to get along," Toronto police Supt. Neil Corrigan told a news conference outside the Miles Nadal Jewish Community Centre. "These sorts of things, especially when they affect children and elderly people, are just unacceptable in this Canadian culture of ours."

THE CANADIAN PRESS

WikiLeaks reveals what it calls CIA 'hacking' files

SURVEILLANCE

Documents say spies could access Android, Apple devices

WikiLeaks published thousands of documents Tuesday described as secret files about CIA hacking tools the government employs to break into users' computers, mobile phones and even smart TVs from companies like Apple, Google, Microsoft and Samsung.

The documents describe clandestine methods for bypassing or defeating encryption, antivirus tools and other protective security features intended to keep the private information of citizens and corporations safe from prying eyes. U.S. government employees, including President Donald Trump, use many of the same products and Internet services purportedly compromised by the tools.

The documents describe CIA efforts — co-operating with friendly foreign governments and the U.S. National Security Agency — to subvert the world's most popular technology platforms, including Apple's iPhones and iPads, Google's Android phones and the Microsoft Windows operating system for desktop computers and laptops.

The documents also include discussions about compromising some internet-connected televisions to turn them into listening posts. One document discusses hacking vehicle systems, indicating the CIA's interest in hacking modern cars with sophisticated on-board computers.

WikiLeaks has a long track record of releasing top secret government documents, and experts who sifted through the material said it appeared legitimate.

The chairman of the House intelligence committee, Rep. Devin Nunes, R-Calif., said he was very concerned about the release and had asked the intelligence community for more information about it.

THE ASSOCIATED PRESS

+ IN CANADA

The federal government should be concerned about the WikiLeaks CIA data breach, says a former national security analyst.

Stephanie Carvin of the Norman Paterson School of International Affairs at Carleton University says Canadian material risks being exposed, since Canada and the U.S. are members of the five-country group of intelligence-sharing countries known as the "Five Eyes."

THE CANADIAN PRESS

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150 WAYS of looking at Canada

POSTCARD NO. 36

CYPRESS MOUNTAIN, VANCOUVER, B.C.

HERE IS A PICTURE OF ONE OF OUR FAVORITE SPOTS: CYPRESS MOUNTAIN IN WEST VANCOUVER. WE'RE VERY LUCKY TO HAVE SUCH A FUN MOUNTAIN, IN SUMMER AND WINTER, SO CLOSE. WITH JUST A SHORT DRIVE, YOU CAN HIKE INTO BEAUTIFUL ALPINE TERRAIN, SWIM IN A BRISK MOUNTAIN LAKE, FEED WHISKEY JACKS, OR IN THIS CASE, DO SOME AWESOME DOWNHILL SKIING. **BILL NEWMAN**

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Each day until July 1, Metro will feature one reader's postcard in our editions across the country, on Metronews.ca and our 150postcards Instagram page. Get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. Email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

MARINE LIFE

ELUSIVE BEAKED WHALE SURFACES IN THE AZORES A rarely spotted whale has been caught on underwater video for the first time ever. The group of True's beaked whales was spotted by a group of German teachers who were on an Azores expedition with schoolchildren. Once the whales were seen on the surface, a member of the group swiftly slipped beneath the surface with a GoPro camera in hand. TEXT: ANDREW FIFIELD/METRO; PHOTO CONTRIBUTED

metro VIEWS
Your essential daily news
Wednesday, March 8, 2017

JESSICA ALLEN ON COMFORT FOOD

After a death in the family, I'm longing for a meal that I'll never eat again.

There's nothing like a good food fight.

Crunchy vs. smooth peanut butter. Milk producers fighting for counter space alongside almond, soy and rice beverages. And home-cooked comfort food stacked up against fine restaurant fare.

That last one is stirring up emotions for political watchers, and for me.

On Sunday, New York Times columnist Frank Bruni asked: "When did we turn into such food snobs here in America, land of the free and home of the Bloomin' Onion?"

He was referring to the mocking of Donald Trump for delighting in a well done steak with a side of ketchup. Teasing Trump for his gauche tastes is "bound to backfire," Bruni argues, not only because it sets up his critics as the "sneering elites" he rails against, but for its hypocrisy. "Let he who is without a bag of microwave popcorn in his cupboard cast the first stone," he writes.

Using that criteria, I could hurl a rock at the president. But expand it to packets of onion soup mix for whipping up a meat loaf, another Trump favourite, and I just called the kettle black.

We don't need Proust to remind us that food is marinated with memory. Although it does help explain why I'll always choose the comforting comestible over the Michelin-starred one. And why, after a recent death in the family, I'm longing for a meal that I'll never be able to make.

After having worked in restaurants for a decade and writing almost exclusively about food for many years, my soft spot for meat and potatoes sometimes surprises people. Foie gras can be sublime. But nine times out of 10, I'll take the meatloaf (the secret is to add some sautéed leeks with the packaged soup, ketchup, and pulverized saltines), with a bottle of Barolo. It's about balance.

Foie gras can be sublime. But nine times out of 10, I'll take the meatloaf.

Jessica Allen and her brother as children delightedly digging into their Aunt Sandy's roast chicken dinner. CONTRIBUTED

Jim Harrison, the great American poet and writer who passed away last year, found that equilibrium. He once ate, and wrote about, a 37-course meal prepared by the famed French chef Marc Meneau, but he also once had a Whopper at Burger King and then drove to McDonald's for a second course of French fries.

Harrison had no patience for food snobbery. When "certain Gucci-Pucci-Armani Italians" told him that they'd never sampled one of his favourite dishes, spaghetti and meatballs, because "the dish is an American perversion of Italian cuisine," he'd always reply: "I don't give a s—."

I'm getting there. Not long ago I admitted on national television that I don't like chicken. A few viewers took this to mean that I am a food snob who thinks poultry is pedestrian. It just depends on the chicken. I occasionally enjoy a quarter chicken dinner (with fries, obviously) from Swiss Chalet.

And my Aunt Sandy's roast chicken is exempt.

For a good decade in my youth, my family, aunts, uncles, and cousins would congregate at her place in Strathroy, Ont., and devour her roast chicken dinners.

Just a couple weeks ago, my mom and I laughed on the phone about how, despite our best efforts, none of us can replicate the meal, not even the boiled potatoes. I can't remember the last time I had it, but if I could choose one last dinner before the Big Light goes out, I told her, it would be Aunt Sandy's roast chicken with all the fixings.

Last Monday, my mom called to tell me that Sandy had suddenly passed away.

While I wrote the obituary in a haze of grief, all I could think about was Aunt Sandy's food. The pots of soup that nourished us after the Strathroy Santa Claus parade, the labour-intensive shrimp dip, which we obliviously piled high on crackers, and the cabbage rolls that I used to think were "authentic," as in a recipe my grandmother brought over from the old country, but was provided by Vi Moffatt, an English woman who lived across the street.

After the funeral, friends and family piled plates with finger sandwiches, jarred green olives, and thick slices of kielbasa, which I brought from Toronto. Sandy loved the stuff, which she referred to as a rather large part of a horse's anatomy. I was worried that it wouldn't get eaten up. Maybe it was too low-brow. But the kielbasa — all eight feet of it — was the first thing to go.

We shared stories: A cousin confessed he dreams of an IV drip filled with her chicken gravy. Another slipped me a photocopied recipe of her exquisite shrimp dip, which calls for a can of tomato soup, Miracle Whip, and four tins of shrimp. And my mom and Sandy's 16 cousins from Mildmay, Ont., confirmed the stories I've heard for years: how the Strathroy "city kids" delighted in doing the "country kids'" farm chores; how five or so chickens in the yard met their death in order to feed the family, which ate in shifts.

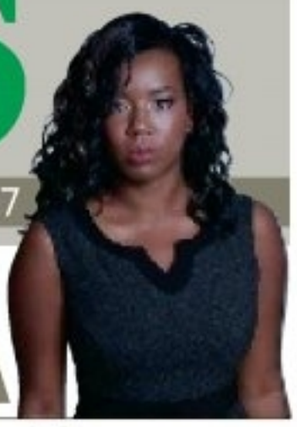
On the phone that Monday when my mom called, her pain still raw, she told me that just three days before Sandy died, she'd told her what I'd said about her roast chicken dinner. Sandy was surprised because it was such a simple meal.

"It made her so happy that you remembered," my mom said.

How could I forget?

Jessica Allen is the digital correspondent on CTV's The Social.

VICKY MOCHAMA



We can not stand by as the U.S. becomes unsafe

It is time for Canada to suspend the Safe Third Country Agreement. In fact, it is past due.

With its policies, Donald Trump's government has declared open season on Muslims and immigrants. The courts struck down the initial travel ban, yet the Trump administration has doubled down on its commitments.

Now the dangerous rhetoric and policy from the West Wing has filtered down to its citizenry.

Jewish community centres and cemeteries are receiving threats. In Washington state Deep Rai, a Sikh man, was shot on his driveway on March 3 by a suspect who reportedly told him to "go back to your country." In Kansas last month, two men were shot, one fatally, by a man who allegedly asked the Indian immigrants if their "status was legal" before opening fire, according to reported witness accounts.

The American government looks set to formalize a system of oppression directed at its racialized citizens and at migrants searching for safety. They must do this without Canada's complacency.

The uptick in migrants claiming asylum by walking across the border is a direct response to the climate of fear that migrants face under Donald Trump. It is also a response to the particular requirements of the Safe Third Country Agreement, which requires refugees declare asylum in the first country they arrive in, with the assumption that both are sanctuaries. This only applies, however, at official border crossings.

As Vice reported, asylum claimants who mistakenly apply at an official crossing actually risk deportation back to the original country they are fleeing.

Only a broken process penalizes people for using it.

Refugees are risking life and limb to get here; they are telling Canadians that the U.S. is not safe for them. Our government has responded to this urgent message with vagueness and equivocation.

Asked Monday by NDP Leader Thomas Mulcair if the U.S. is still safe for refugees, Prime Minister Trudeau didn't answer directly. On the updated travel ban, Public Safety Minister Ralph Goodale told reporters: "This is a detailed matter with some careful nuances and we're going to be looking at all the details so we can provide Canadians with complete information about everything they need to know."

The responsible course here is to suspend the Safe Third Country Agreement. The moral – and smart – move is to follow up that suspension with a coherent plan to assist refugees arriving from the United States.

We are now on the second iteration of the executive order, which comes well over a month after the chaos sown by the first. Despite calls from a number of legal organizations to suspend the agreement, including Harvard Law School, the Canadian Civil Liberties Association and Amnesty International Canada, our government has stood still.

Migrants have not. They cannot afford to.

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metro LIFE

Your essential daily news

George Michael died of natural causes as the result of heart disease, a British coroner has ruled

3 TREATS TO MAKE SQUARES HIP AGAIN

The humble, almost retro square could be primed for a timely kitchen comeback. ISTOCK

Sure, squares are considered the domain of grandmothers and church cookbooks. But these frumpy delicacies have stood the test of time for a reason. All but the fanciest are faster and simpler than cookies, and all are satisfyingly chewy and extremely shareable. We think the humble bar cookie deserves more love. Sometimes, cutting corners can be a good thing. Here are some favourite recipes to get you started. **GENNA BUCK**

1 Browned butter crispy rice treats

Deb Perelman, the home chef behind the Internet sensation Smitten Kitchen, is an evangelist for this modernized version of a classic after-school snack. They take "five minutes, tops" longer than the traditional version, Perelman wrote, and if you're willing to share, "get ready to make friends."

Ingredients:

- ½ cup unsalted butter, plus extra for the pan
- 1 (285-gram) bag marshmallows
- Heaping 1/4 teaspoon coarse sea salt
- 6 cups crispy rice cereal

Directions:

1. Butter an 8-inch square cake pan with 2-inch sides.

2. In a large pot, melt butter over medium-low heat. Watch carefully. As soon as the butter takes on a nutty color, turn the heat off and stir in the marshmallows. Stir until the marshmallows are smooth.

3. Remove the pot from the stove and stir in the salt and cereal. Quickly spread into prepared pan. Cool before cutting into squares.

SMITTENKITCHEN.COM

2 Fresh Lemon Bars

These sunshine-hued, sweet-tart bars are a picnic standby, and they're ideal for getting kids involved in the kitchen, **Ceri Marsh and Laura Keogh** of Sweet Potato Chronicles write. Little hands can help. And, it goes without saying, they're pros at gobbling them down.

Ingredients:

Crust

- 2 cups flour
- 1/3 cup wheat germ
- 1/3 cup confectioner's sugar
- 3/4 tsp salt
- 2 sticks frozen butter

Filling

- 1 1/2 cup sugar
- 1/3 cup flour
- 1/4 tsp salt
- 3/4 cups lemon juice (I used 4 Meyer lemons)
- 1 Tbsp zest
- 3 eggs
- 1 egg yolk

Directions:

1. Preheat your oven to 350 degrees. Butter a 9x13 glass pan with a bit of butter. Mix dry ingredients for the crust. Grate the sticks of frozen butter with a cheese grater. Toss the frozen butter curls into the flour mixture until you have a mealy texture. Press the loose dough into the pan and use your hands to flatten it. Chill.

2. Bake the crust for 15 to 18 minutes until just beginning to turn golden.

3. Mix sugar, flour and salt for the filling. Add lemon juice and zest and blend well. Whisk in eggs and the yolk. Gently pour filing mixture onto the hot crust. If you don't pour a small stream, the weight of the filling will dent the crust.

4. Bake for 18 to 20 minutes until the filling has just set. Allow to cool completely before slicing into squares.

SWEETPOTATOCHRONICLES.COM

3 Chocolate almond toffee bars

These treats — which are similar to a coconut-laden southern speciality, the Hello Dolly square — are one of TV chef **Anna Olsen**'s most requested recipes.

Ingredients:

- 1 1/2 cups rolled oats
- 1/2 cup graham cracker crumbs
- 1/4 tsp fine salt
- 1/2 cup unsalted butter, melted
- 1 cup Skor toffee bits
- 1 cup chocolate chips
- 1 cup sliced almonds
- 1 can sweetened condensed milk

Directions:

1. Preheat the oven to 350°F (180°C). Grease and line an 8-inch square pan with parchment paper so that the paper hangs over the sides of the pan.

2. Stir the oats, graham crumbs and salt in a bowl to combine, then stir in the melted butter. Press the crumbly oat mixture into the prepared pan. Sprinkle Skor bits evenly on top, followed by chocolate chips and sliced almonds.

3. Pour condensed milk evenly over pan. Bake for 30 to 40 minutes, or until the top is golden brown and the edges are bubbling.

4. Cool to room temperature in the pan, then chill for at least 4 hours before slicing into bars. IN THE KITCHEN WITH ANNA: NEW WAYS WITH THE CLASSICS, WHITECAP BOOKS

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LIQUID ASSETS PETER ROCKWELL

Bottles of substance with a bit of style too

Not that I like cheating on my relationship with the liquid side of wine, it's just that I'm a sucker for a pretty package.

While a psychedelic label wrapped around a sexy bottle would never make me admire poorly made juice, I know that when faced with a wall of wine the average consumer, me included, is drawn to anything bright and shiny. Arguably the most famous example of style over substance was the tubby, straw-wrapped flasks, called a fiasco, that the reds from Italy's Chianti region made popular back in the 1970s. Now filled with premium wine, the bottle is actually making a comeback.

Keeping with the Italian theme, Enoitalia is a company that knows how to rock a receptacle. Resembling a gigantic perfume sample (the ones that come in those small cardboard folders) its Voga Pinot Grigio ($13.95-$16.99) was a hit right out of the gate. Made from grapes grown in the provinces of Veneto and Trentino the 2015 vintage offers a clean, lean mix of bright fruit without the steely character or sweeter overtones often associated with Pinot Grigio.

Prices reflect the range across the country. Some products may not be available in all provinces.

GRAIN BOOST

General Mills ready to push production of Kernza

A sweet, nutty-tasting new grain called Kernza is getting a big boost from food giant General Mills, which is intrigued by the potentially big environmental benefits of the drought-resistant crop with long roots that doesn't need to be replanted every year.

General Mills announced partnerships with The Land Institute and the University of Minnesota to help commercialize Kernza, a wild relative of wheat, and to incorporate the grain into cereals and snacks under its Cascadian Farm organic brand. The company hopes to put those products on grocery store shelves early next year.

It's also urging other food companies to help create a market for Kernza.

"It's rare that you find something like this that, if you work at it, has so many environmental benefits associated with it. That's one of the reasons we're excited about this," Jerry Lynch, chief sustainability officer for General Mills said.

THE ASSOCIATED PRESS

This tamari-maple braised beef with soba noodles is a riot of comforting, stimulating flavours that is guaranteed to win over hearts — and stomachs. TORSTAR NEWS SERVICE

Never a bad time for our liquid gold

RECIPE

Pass the bottle: maple syrup is just as delish in savoury dishes

Ricardo Larrivée
For Torstar News Service

Full disclosure: I love maple syrup. In all honesty, I love maple anything!

Canada's liquid gold is just as delicious in savoury dishes as it is in desserts, and I've got the recipe to prove it: an incredible melt-in-your-mouth braised beef roast.

Simmered slowly with maple syrup and tamari (a perfectly balanced salty-sweet combination) and crushed peppercorns, crushed coriander seeds and hot pepper flakes, it's a riot of comforting, stimulating flavours — and oh so morish.

But it's the accompaniment that takes this divine dish to another level: a plateful of toothsome soba noodles (Japanese noodles that are made from buckwheat flour, with a thickness comparable to spaghetti) prepared with crisp snap peas, garlic, cilantro and toasted cashews.

Whether for a family meal at home or for a bigger gang at a dinner party, this dish is guaranteed to win over hearts — and stomachs!

Tamari-Maple Braised Beef
Servings: 4

Ingredients:

Beef
- 1 1/2 lb (675 g) boneless beef blade roast, cut into 4 pieces
- 2 tbsp (30 mL) olive oil
- 1 onion, chopped
- 1/2 tsp red pepper flakes
- 1/2 tsp crushed black peppercorns
- 1/2 tsp crushed coriander seeds
- 1/2 cup (125 mL) maple syrup
- 1/2 cup (125 mL) tamari
- 1/2 cup (125 mL) chicken broth
- 1 red bell pepper, diced

Soba Noodles
- 1/2 lb (225 g) soba (Japanese buckwheat noodles)
- 3 cups (100 g) sugar snap peas, halved lengthwise
- 2 tbsp (30 mL) vegetable oil
- 4 garlic cloves, chopped
- 2 tbsp unsalted cashews, toasted and coarsely chopped
- 2 tbsp chopped cilantro

Directions:

Beef

1. With the rack in the middle position, preheat the oven to 325°F (170°C).

2. In an ovenproof pot or Dutch oven over medium-high heat, brown the meat on all sides in the oil. Season with pepper. Set aside on a plate.

3. In the same pot over medium heat, brown the onion, adding oil if necessary. Add the spices and continue cooking for about 1 minute.

4. Return the meat to the pot and add the remaining ingredients. Bring to a boil. Cover, transfer to the oven and cook for 2 ½ hours or until the meat is fork tender.

Ready in 3 HOURS

Soba Noodles

5. In a pot of salted boiling water, cook the noodles until al dente. Drain and oil lightly. Set aside.

6. In a skillet over medium heat, stir-fry the peas in the oil until al dente. Season with salt and pepper.

7. Add the garlic and cook for 1 minute more. Add the noodles and continue cooking until heated through. Adjust the seasoning.

8. Divide the noodles among bowls. Top with the beef and drizzle with the cooking juices. Garnish with cashews and cilantro.

ROSE REISMAN THE SAVVY EATER

THIS WEEK: Goat's cheese vs feta

A swap of these similar cheeses can save you on salt.

PICK THIS

PC Blue Menu Goat's Milk Cheese (1/3 cup)

Calories 100
Fat 6g
Sodium 190mg

SKIP THIS

Skip: Saputo Fetos Feta (1/3 cup)

Calories 160
Fat 14g
Sodium 1040mg

HERE'S WHY **Equivalent in sodium to a 6 inch Steak and Cheese sub from Subway.**

These soft and crumbly cheeses are favourites, especially for salads, pasta, pizza and main entrees. Both have nutritional benefits: goat cheese has twice the protein, while feta has twice the calcium. However, feta contains five and a half times more sodium than goat cheese, as it is packaged in a brine. That's close to half your daily amount.

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Parenting: By Mother Russia

THE SHOW: The Americans, Season 5, Episode 1
THE MOMENT: The self-defence lesson

Keri Russell as Elizabeth Jennings keeps a close watch on Holly Taylor as Paige Jennings in The Americans. FX

American teenager Paige Jennings (Holly Taylor) is losing sleep over the knowledge that her parents Elizabeth (Keri Russell) and Philip (Matthew Rhys) are Soviet spies living under deep cover in the U.S. "I want to help you with your nightmares," Elizabeth tells her.

Elizabeth takes Paige to the garage. She pushes her shoulders, hard. Paige staggers. Elizabeth pushes her again. Paige moves away. Elizabeth follows and pushes her face. "Mom!" Paige protests.

"You can't be afraid to hit and you can't be afraid to hit back," Elizabeth tells her. "You don't want to get hurt? You have to be willing to do anything to protect yourself. Make a fist." Paige does. Elizabeth tucks in her thumb. "Like this, always," she says.

This is a great little scene, scary not just for Paige, but for us. For four seasons, Elizabeth has been like this, always: the unwavering zealot who will do anything for Mother Russia. Here, she's not just teaching her daughter, she's explaining herself.

Russell is perfect for this character, a petite beauty yet hard as nails. Her face in this scene is a study. You think she might feel torn about pushing her kid around, but nope. She means it.

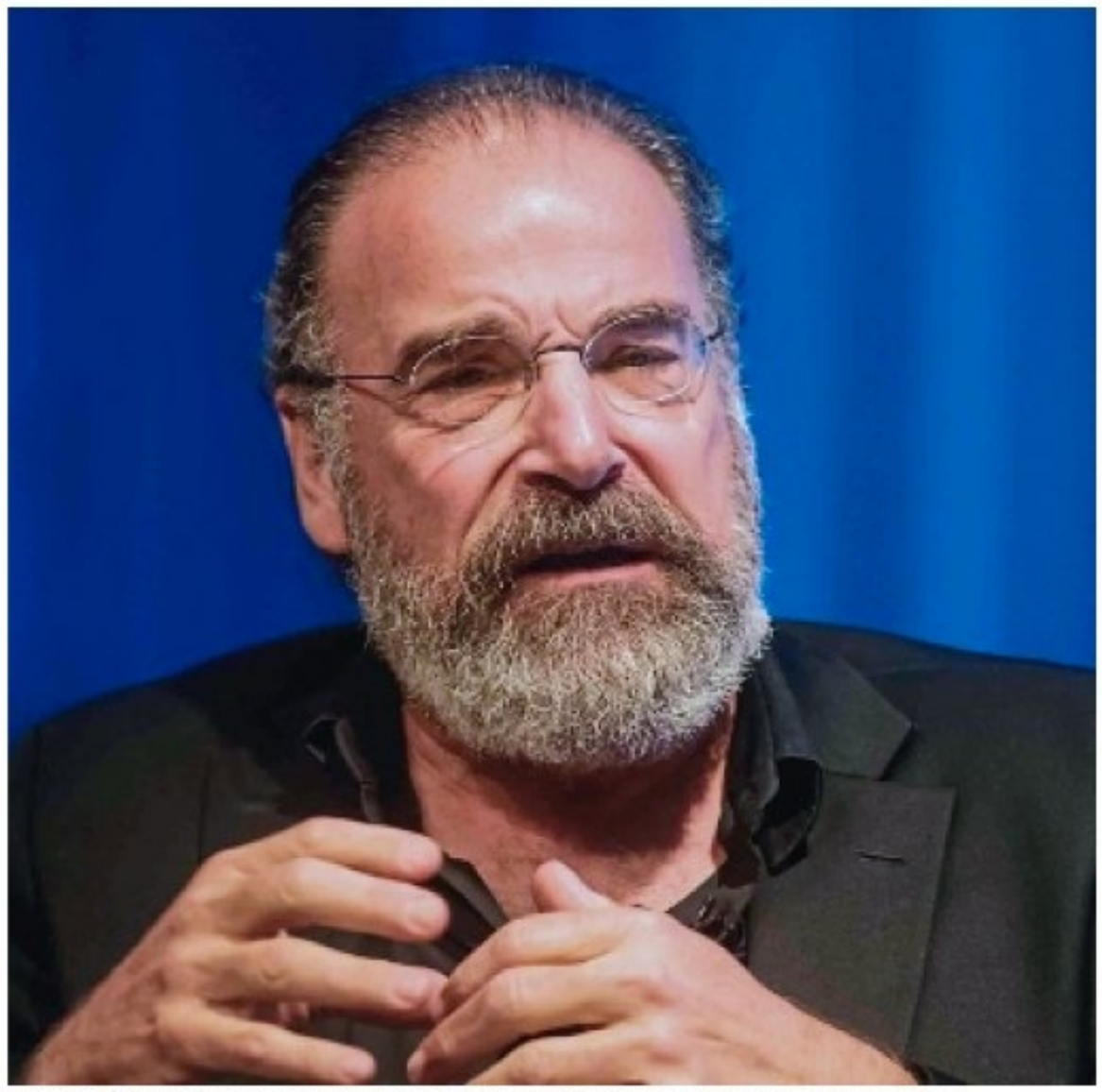
Suddenly we get a flash of where this season is going: If Elizabeth ever had to protect herself from Paige, would she go all the way? It's a shivery thought.

That confrontation doesn't happen in this episode. But another, lesser one does. Does Elizabeth make good on her word? Damn right she does.

The Americans airs Tuesdays at 9 p.m. on FX Canada.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Patinkin plays part in real homeland



Mandy Patinkin is back as Saul Berenson for a sixth season of Homeland. GETTY IMAGES

INTERVIEW

Spy drama is righting 'error' of its depiction of Muslims

Mandy Patinkin knows that his show Homeland hasn't always shown Muslims in the best light — but he says that is changing with the award-winning show's sixth season.

"It's deeply important to me," he said.

"In all kinds of entertainment — movies, television — there are always the bad guys; the cowboys and Indians, then the Russians were the bad guys, the Nazis were the bad guys. Now it seems like Muslim 'terrorists' are the bad guys," he said.

"So, inadvertently, because it's an action show, it's an on-the-edge-of-your-seat political drama that Homeland is, unintentionally we were not helping the Muslim community and we take responsibility for it. And I know I can speak for the writers when they want to right that error that happened because of storytelling."

The Showtime show, which also stars Claire Danes, is highly acclaimed but has also been criticized for its depiction of Muslims as terrorists. In the new season, Danes' character Carrie Mathison is back in the U.S., helping American Muslims.

"We're part of the problem, but we also desperately want to be part of the cure and we are working toward that in our storylines," he said. "If you watch the whole thing as a whole — when you read a novel just don't read one chapter — if you watch the whole thing as a whole, especially this season, the sixth season, you'll see who the bad guys really are and you may have surprises in store for you," he said.

Patinkin, who also praised the Muslim community for its contributions to the world's civilization, is trying to make a difference in his own life as well.

He works with refugees as part of his work with the International Rescue Committee, and he urged President Trump to be more welcoming to people displaced from war-torn countries.

Trump has revised his initial travel ban to six countries instead of seven, but they are all from Muslim-majority nations, and it temporarily shuts down America's refugee program.

"He wants people to like him and to like America and to make America great again. America will be made great again by nourishing and encouraging people's moral and ethical nature. Encouraging their human-beingness, not their fear," Patinkin said.

"I beg the leaders of the world, of the U.S., of the European community, to stop being afraid, to start working together, to listen to the lives of these souls that are no different than your own family, who are desperately in need and to work in solidarity with their moral and ethical code and nature that I know they have."

THE ASSOCIATED PRESS

"America will be made great again by nourishing and encouraging people's moral and ethical nature."
Mandy Patinkin

metro WHEELS
Your essential daily news

California Highway Patrol threaten charges after rider jumps over freeway

VW aims to seduce with Atlas

HANDOUT

REVIEW

Will crossover be enough to gain back buyers' trust?

Sami Haj-Assaad
AutoGuide.com

The German automaker is addressing a weakness in its lineup with a new three-row crossover called the Atlas. It's not an overstatement to call the Atlas an important vehicle to Volkswagen.

Not only do they have to prove to buyers that they're a competent automaker again, but they also have to deliver in a segment that's extremely important to North Americans.

The Atlas is a big car but is based on the modular MQB platform that also underpins the Golf compact. Competing with the likes of the Ford Explorer and Toyota Highlander isn't easy, but fortunately, the Atlas starts with this well-developed platform.

In terms of handling feel, it feels agile and responsive, highlighting an ability to excel as a road trip vehicle. Don't forget that for many year VW produced the iconic Type 2 Microbus that's often remembered as the go-to cross-country cruiser.

There's a bit of that spirit here in the Atlas: the light steering is appropriate for the segment and the suspension glides over rough roads. The car comes with a turbocharged four-cylinder engine as base equipment, sending 235 horsepower to the front wheels. Optionally, you can get a V6 engine and all-wheel drive. The V6 seems a bit underpowered at 276 horses, while the competition is closer to 300 but the eight-speed automatic transmission does what it can to put the engine in the best gear for acceleration and responsiveness.

The 4Motion all-wheel-drive system is very similar to what we've seen in the Golf Alltrack, but has some extra capability via different drive modes that can be toggled through a knob on the center console. The four modes — on road, snow, off-road and off-road custom — change settings including stability control intervention, gear changes and even the behaviour of the ABS for the best grip and traction in almost any conditions. Some, such as the on-road mode, have extra settings so you can get a drive feeling that is tailored to you.

In addition to their capability, buyers choose crossovers because of the space they offer. In this area, the Atlas really excels. Headroom in the front and second row is fantastic, but the legroom in that second row is luxurious. Furthermore, seats slide, offering those in the third row a surprising amount of space.

While full details on pricing, trim levels and specifications will be shared in April, we were told that the base Atlas will come in at $35,690 and top out in the fifties.

While still prototypes, the Atlases we drove were extremely solid vehicles and impressed in many ways. Volkswagen is taking this market seriously, especially since it's so late to the big crossover party.

THE CHECKLIST | 2018 VOLKSWAGEN ATLAS REVIEW

THE BASICS

Engine: 2.0-litre turbo four-cylinder, 3.6L V6
Output: 235 horsepower (2.0T), 276 hp (V6)
Transmission: Eight-speed automatic
Fuel Economy (L/100 km): Not available
Price: Starts at $35,690

LOVE IT

- Spacious
- Low starting price
- Smooth and comfortable driving dynamics

LEAVE IT

- V6 is just OK
- Interior design hit or miss

5 COOLEST KINDS OF HOOD ORNAMENTS

The hood ornament reputedly dates all the way back to the chariots of Egyptian Pharaohs. As a sculpture on the prow of a car, hood ornaments evolved from the motometer. Designed as a temperature gauge, they eventually became a popular way to personalize a car. Here are the five coolest hood ornaments. SEBASTIEN BELL/AUTOGUIDE.COM

HANDOUT

1 Humanoid

This type uses the human form as its inspiration and reminds us of figureheads on wooden ships. The humanoid ornament has figured prominently on Packards, and the Pierce Arrow throughout history, but the Rolls-Royce's Spirit of Ecstasy (pictured) continues to adorn cars today. Originally commissioned by a Rolls owner as a secret love note to his mistress, the sculptor was so pleased with the result that when asked by Rolls-Royce to design a standard ornament for the brand, he submitted the same, largely unchanged figure.

2 Crest

The second type of hood ornament is the crest. Like a coat of arms, this hood ornament is usually comprised of a basic shape with the manufacturer's name included. It could be argued that this type of ornament still exists, just glued flat against the car. Studebaker used the crest, as did Buick and Maybach, but our favorite is Cadillac's (pictured here).

The ornament takes its inspiration from the family crest of Antoine de la Mothe Cadillac, who founded Detroit back when it was part of New France. The crest had a crown and merlettes on it, as well as a laurel wreath, all of which referred to Cadillac's noble blood. The only problem was that he didn't really have any royal blood and he likely created the crest himself. But what more American story could there be than a person of humble origins who came to the new world and made something of themselves?

GETTY IMAGES

TORSTAR NEWS SERVICE

4 Abstract

Next, we come to the abstract hood ornament. Freed from the requirements of literal representation, these can represent speed or comfort or luxury with pure design. Packard experimented with such ornaments in the late '40s, as did Oldsmobile a decade before. Probably the most American type of ornament, they were popular during the jet era and speak to the nation's growing confidence.

Our favourite appeared on the Buick Super 8 line. The ornament is known as the "Bombsight" (pictured above) and first appeared in 1946 when postwar production began. It was a bold, luxurious item in a time when chrome was hard to come by. The ornament later came to include a V, to proudly proclaim that these were powered by Buick's Rocket V8, which was popular among hot rodders for its torque production.

GETTY IMAGES

3 Animals

Possibly the most common type, animal ornaments borrow attributes of beasts to make promises about the performance of a car. Animal ornaments can be about speed, but they can also denote more. Bugatti used an elephant on its Royale to speak to the scale of its massive regal limousine and also used a British Bulldog. One of the best uses of the animal was the stork on the hood of the Hispano-Suiza (pictured), based on the emblem first used by the French airforce's third squadron during the First World War. The squadron was known as "Les Cigognes," because they reminded the French people of the storks that flew in the German-occupied Alsace region. The planes were powered by Hispano-Suizaa V8s. After the war, Hispano-Suiza decided to honour the famous third squadron by using the same stork on its cars.

TORSTAR NEWS SERVICE

5 Tiny sculptures

Finally, the graven image. These are tiny sculptures made to look like a specific object. As with the abstract ornament, these were popular in America during the jet age because, as you can imagine, everyone wanted a rocket or a jet plane on the hood of their car. Again, these are mostly streamlined and Art Deco, and they were employed by brands like Moon Motor Cars and Oldsmobile.

Sometimes they aren't about speed, though, as was the case with Plymouth's early Mayflower ornament (pictured). In its press materials, the company writes that it got its name because its products were simple, tough, and effective, like the pilgrims. In a moment of candor, though, the head of sales at Chrysler said that the company was named after a brand of baler twine, because Chrysler wanted to poach rural customers from Ford and the association to the pilgrims came later. Whatever the case, the ship is unique and looks good.

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Tesla fans to create commercials

COMPETITION

Homemade ads will be aired

Tesla has never advertised, instead relying on social media for marketing.

But a fifth-grader named Bria wanted to change that, writing a letter to CEO Elon Musk for a school project. "I have noticed that you do not advertise, but many people make homemade commercials for Tesla and some of them are very good, they look professional and they are entertaining," she wrote. "So, I think that you should run a competition on who can make the best homemade Tesla commercial and the winners will get their commercial aired."

Musk responded on Twitter, saying the company will do as she suggests. JASON SIU/AUTOGUIDE.COM

ALL PHOTOS HANDOUT; SCREENSHOT

DRIVING DREAMS

The smallest Rolls-Royce

Rolls-Royce hopes its latest creation will help put a smile on kids' faces. Made specifically for St. Richard's Hospital Pediatric Day Surgery Unit, the Rolls-Royce SRH will allow children awaiting surgery to drive themselves to the operating room, through corridors lined with "traffic signs." The hospital hopes the car and driving experience will help reduce child patient stress.

Developed by Rolls-Royce's Bespoke Manufacturing team, who dedicated over 400 hours of their own time, the SRH features a two-tone paint scheme of Andalusian White and Salamanca Blue, finished with a St. James Red coachline.

To keep things safe, it has a top speed of 16 km/h and power comes from a 24-volt gel battery. The speed setting is variable and can be set to 6 km/h.

JASON SIU/AUTOGUIDE.COM

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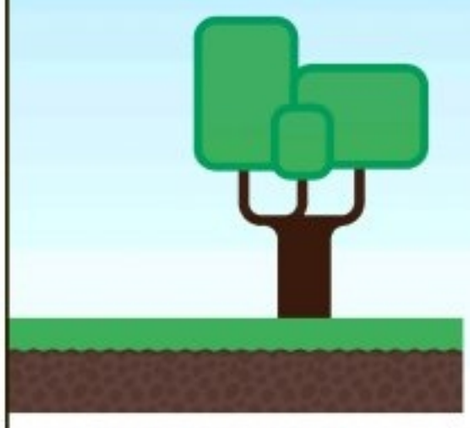

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All 2016 Honda's are priced to move with rebates of up to $4000 for cash lease or finance on the 2016 CR-V and Accord and up to $3250 lease or finance rebate on the 2016 Civics'. Honda Downtown is also offering $2000 rebate on cash, lease and finance on all 2016 Honda Fit's and HR-V's. We have also received very aggressive program enhancements from Honda Canada for all 2017 model Honda's with rates starting at 0.9% and rebates of up to $1500 on select models

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HOLLYWOOD

Challenger's Fast 8 close-up

The Fate of the Furious has a new international trailer.

The eighth movie in a franchise no one believed would live past one will arrive in movie theaters April 14. Like other recent Fast and Furious movies, this one will head to several locations around the world including Cuba. The film crew has also been spotted in Ohio and Iceland.

The series isn't so much about modified cars and street racing as it was in the beginning but there's still a strong focus on the vehicles and The Fate of the Furious has no shortage of amazing machines. Expect to see plenty of modern exotics and supercars in the movie and a strong Dodge presence with the new Challenger SRT Demon.

JASON SIU/AUTOGUIDE.COM

WHEELS ROUNDUP
News driving the auto industry brought to you by AutoGuide.com

VELAR

Range Rover's YouTube doc

Land Rover has released a new video detailing how the Range Rover Velar came to life.

The fourth member of the Range Rover family was introduced earlier this week, designed to slot between the existing Range Rover Evoque and Range Rover Sport models. The British automaker's has released a 15-minute documentary-style film directed by Ben Lawrie and narrated by British actor Damian Lewis. JASON SIU/AUTOGUIDE.COM

AUTO NEWS

GM sold off one of its automakers to PSA Group

France's PSA Group has acquired General Motors' Opel division. The PSA Group manufactures Peugeot and Citroen vehicles and shares some production in an existing European alliance with GM. Opel recorded a 16th consecutive year of losses in 2016, despite selling over 1.1-million vehicles. The French automaker is now poised to sell over five-million units a year with the acquisition. While General Motors loses over 1.1-million units on its yearly tally, which will likely drop the automaker from the top three of the best-selling automotive groups worldwide. Last year, GM came in third behind Volkswagen and Toyota. JASON SIU/AUTOGUIDE.COM

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CONCEPT

Jaguar I-Pace on fire in Photon Red

Sam McEachern
AutoGuide.com

I-Pace stuns in red. HANDOUT

The Jaguar I-Pace concept made an appearance in a striking Photon Red shade at the 2017 Geneva International Motor Show.

The concept, which will debut in production form later this year before going on sale in early 2018, was first shown in a muted silver exterior colour at the 2016 Los Angeles Auto Show.

The automaker has already received 350 preorders for the fully electric crossover, barely a drop in the bucket compared to the 373,000 Tesla received for its Model 3 sedan, but still a positive sign for Jag.

Powering the I-Pace will be a pair of electric motors that together produce 395 horsepower and 516 pound-feet of torque and a 90-kWh lithium ion battery. Jaguar claims the crossover can sprint to 100 km/h in 4.0 seconds and achieve a maximum range of around 480 kilometres. A 50-kW direct current (DC) charging port can charge the battery to 80 per cent of its range in 90 minutes and to 100 per cent in a little over two hours.

The I-Pace boasts an all-new aluminum platform that utilizes the same double-wishbone front suspension and the integral link rear suspension as the F-Pace. The lithium-ion battery pack is located low and between the front axles, ensuring a low center of gravity and near 50/50 weight distribution. According to chief engineer of vehicle integrity at Jaguar-Land Rover, Mike Cross, the I-Pace is a "true Jaguar," and will be "the first electric vehicle developed for enthusiasts who love driving."

Jaguar says the production I-Pace will cost about 10 to 15 per cent more than the F-Pace, which starts at $50,900 in Canada.

Get excited wagon lovers

SPOILER

Porsche unveils new Panamera Sport Turismo in Geneva

Jason Siu
AutoGuide.com

Sport Turismo is "a step forward into a new segment," says Porsche director of style. HANDOUT

Unveiled at the 2017 Geneva Motor Show, the 2018 Porsche Panamera Sport Turismo will initially launch in Europe on Oct. 7, 2017 before heading to other markets in early November. Five different versions of the Porsche Panamera Sport Turismo were displayed in Geneva: Panamera 4, Panamera 4S, Panamera 4S Diesel, Panamera 4 E-Hybrid and Panamera Turbo.

Based on the existing sedan, the Sport Turismo measures 5,049 mm long, 1,937 mm wide and 1,428 mm inches tall, while riding on a 2,950 mm wheelbase.

And just because it's a shooting brake doesn't mean it has to be boring to drive. Porsche tweaked the aerodynamics for the Sport Turismo model by having the roof extend into an adaptive spoiler at the top of the vehicle. The angle of the roof spoiler is set in three stages depending on driving conditions and selected vehicle settings. For example, at speeds up to 170 km/h, the aerodynamic guide element stays in its retracted position with an angle of minus seven degrees, helping reduce drag and optimizing fuel consumption. Go faster than 170 km/h and the spoiler automatically moves to the performance position with an angle of plus one degree, increasing driving stability and lateral dynamics.

When switching to Sport and Sport Plus driving modes, the roof spoiler automatically moves to the performance position at speeds of 90 km/h and higher.

The Porsche Panamera Sport Turismo is the first Panamera model to feature three rear seats. The two outside seats are individual seats, so it results in a 2+1 configuration in the rear. Of course the model can be ordered in a four-seat configuration with two electronically adjustable individual seats.

Making for easier entry and exit at the rear, the raised roof line of the Sport Turismo ensures greater head clearance. The backrests of the three rear seats can be folded down together or individually in a 40:20:40 split to increase cargo room.

"For Porsche, the Panamera Sport Turismo is a step forward into a new segment, but retains all of those values and attributes that are characteristic of Porsche," said Michael Mauer, director of style Porsche.

metro SPORTS

Canada Soccer's Women's National Team returns to Toronto to face Costa Rica • Sunday, June 11th, BMO Field • Ticketmaster.ca

Canada's Pete Orr scores a run against Blue Jays catcher Jarrod Saltalamacchia on Tuesday in Dunedin, Fla. THE ASSOCIATED PRESS

BASEBALL

Familiar faces lead Canada past Jays

Justin Morneau hit a two-run single off J.A. Happ in the second inning as Canada's World Baseball Classic team cruised to a 7-1 win over the Toronto Blue Jays in an exhibition game Tuesday.

Canada's Dalton Pompey had two hits and scored a run against his major-league team, and shortstop Jonathan Malo went 2-for-3 with two runs batted in and a run scored.

Canada's World Baseball Classic opener goes Thursday against the Dominican Republic in Miami. THE CANADIAN PRESS

IN BRIEF

Sharpe on point in halfpipe

Canada's Cassie Sharpe ended the World Cup halfpipe skiing season with a gold medal on Tuesday, giving her momentum heading into next week's world championships.

Sharpe, from Calgary, won handily with a score of 90.80, finishing ahead of Japan's Ayana Onozuka (86.00) and France's Marie Martinod (84.00).

Martinod finished atop the overall World Cup halftime standings, while Sharpe was fourth. THE CANADIAN PRESS

Argos sign coach Chamblin for defensive duties

Corey Chamblin is back coaching in the CFL.

The former Grey Cup-winning head coach was named to the Toronto Argonauts' staff Tuesday. He'll serve as the club's assistant head coach under Marc Trestman as well its defensive co-ordinator and defensive backs coach.

Chamblin replaces Rich Stubler, who was relieved of his duties as the Argos' defensive co-ordinator. THE CANADIAN PRESS

Trying to avoid the fall once again

Bruce Arthur

Mike Babcock was asked what he learned from his decade with the Detroit Red Wings, and he took a while to decide on an answer. He talked about individual games by Nicklas Lidstrom and Kris Draper and his current boss, Brendan Shanahan, that made him think about things differently. He meandered a little. He arrived at his point.

"Maybe the thing that I learned the most there: when I arrived I thought you had to be ready for the game at nine in the morning," said Babcock, Tuesday morning before his Toronto Maple Leafs faced the Wings. "I didn't know that if you were ready for the game and wore yourself out all day you had no energy at night. So what I learned from the best players was they could be watching their son playing on TV three minutes before the drop of the puck, and be ready to go when the puck was dropped. How's that?"

Sure, that works. There is a strong school of thought in the Leafs organization that judges players by how they play when the pressure is highest, and the hockey is hardest. That's how you win playoff games, and Cups. That's what this organization wants.

Detroit might be headed for the draft lottery for the first time in a quarter century, but for these Leafs this run of games is the playoffs before the playoffs. The Leafs entered Tuesday with five wins in 18 games since beating the Red Wings on Jan. 25, and ninth in points percentage in the East. The road doesn't run forever.

It was bound to happen, but it's also been the kind of run that can tempt you into viewing these Leafs very differently. Suddenly people can remind themselves James van Riemsdyk and Tyler Bozak were here during all those collapses of years past.

The checking is now ramping up towards playoff levels. As Detroit's Gustav Nyquist puts it, "I think now, for sure, it's a lot tighter ...every game's so tight."

The Leafs believe Auston Matthews and Mitch Marner can rise to the occasion. The rest? They're watching.

One thing Babcock loved about coaching Henrik Zetterberg in Detroit was how he played when it mattered most. Babcock said of the younger players in Detroit, "They see him train and they understand how competitive he is when the game's on the line. The other thing is, when things go bad in the game, he goes and makes a play. So it's not what you say, it's what you do in the big moments."

Bruce Arthur is a sports columnist with the Toronto Star

Go to metronews.ca for coverage of Tuesday's game.

This season's Leafs have proven capable of winning on the big stage, but they've struggled lately as the intensity has increased with a playoff spot on the line. CLAUS ANDERSEN/GETTY IMAGES

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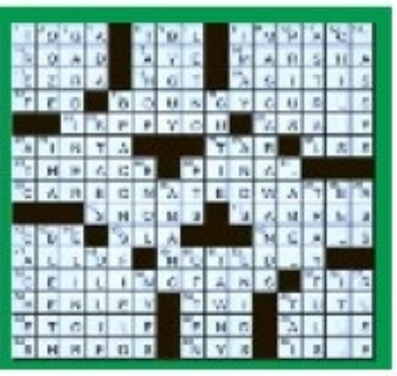
1	4	2	7	6	8	3	9	5
8	6	9	2	3	5	4	7	1
9	2	3	8	5	1	6	4	7
7	5	4	3	2	6	1	8	9
6	1	8	9	4	7	5	3	2
2	8	1	6	7	3	9	5	4
3	9	5	4	1	2	7	6	8
4	7	6	5	8	9	2	1	3



Team-building time invaluable to Casey

RAPTORS

Coach tasked with meshing new players into the fold

The X's and O's are the lifeblood of any basketball coach, and trying to devise strategies that put his players in the best position to succeed and come up with wrinkles to confound opponents is what drives them.

But there is so much more to the job than that, as Dwane Casey knows so well — issues as large as plays and defensive schemes that have just as much to do with a team's success or failure.

It's managing men and egos and knowing which buttons to push with diverse personalities, to keep a team intact and avoid the fracturing that can be the ruin of championship dreams.

Casey, the longest-serving coach in Raptors history, takes pride in his ability to keep a team together by treating men like men and getting to know what makes them tick.

Coach Dwane Casey advises new Raptor Serge Ibaka during a recent game at ACC. TORSTAR NEWS SERVICE

He's been challenged this last couple of weeks or so, trying to mesh key new players — Serge Ibaka and P.J. Tucker — into a team that was as cohesive as any in the NBA, a group that Casey has known for years and nurtured.

"You don't have as much time, but you take time to get to know them, talk to people who know them. You get to know them that way," Casey said of his way of figuring out the newly acquired Raptors. "Those are two good men — that's the difference. They are two guys whose hearts are in the right place, and that's not changing with them."

The chance to learn about teammates away from the court was in part the reason for the team's three-day getaway between road games. There was a team dinner on Sunday night, then practices Monday and Tuesday, and enough idle time that hanging out was unavoidable.

"You can't put a number on it as far as how much you can get out of that, but I always think it's good when guys can spend time away from the court together," Casey said.

"I do think you can get a lot of that as far as bonding, guys getting to know one another away from basketball and spending time together." TORSTAR NEWS SERVICE

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Bayern Munich midfielder Franck Ribery floats past Arsenal defender full back Hector Bellerin on Tuesday at the Emirates Stadium in London. CLIVE MASON/GETTY IMAGES

Five-star Munich make a mockery of Arsenal, again

CHAMPIONS LEAGUE

Wenger under fire as Germans dish out worst loss at Emirates

Bayern Munich completed Arsenal's Champions League humiliation on Tuesday by inflicting another 5-1 rout on the north London club, which collapsed to its heaviest loss at the Emirates Stadium after having captain Laurent Koscielny sent off.

A night that began with protests against manager Arsene Wenger ended with his side out of the competition in the round of 16 for the seventh consecutive season after the 10-2 aggregate loss.

Wenger deflected questions about his own future by reprimanding the referee for what the Frenchman called "unexplainable and scandalous" decisions.

And there was no sympathy from Bayern, with the five-time European champions joining in the derision by tweeting: "What time is it? Yep, it's ten to!" The emphatic defeat in the first leg three weeks ago left Arsenal with an uphill task against the German champions, but Theo Walcott beat goalkeeper Manuel Neuer at his near post to give the hosts a glimmer of hope.

Nothing went Arsenal's way after that. Walcott was denied a potential penalty and then Koscielny was dismissed after the referee initially prepared to show the captain a yellow card for bringing down Robert Lewandowski ten minutes into the second half.

Arsenal didn't do itself any favours, going into freefall as Bayern tore Wenger's side apart with a clinical attacking masterclass. Arjen Robben netted after a poor clearance by goalkeeper David Ospina in the 68th minute, and Douglas Costa added another in the 78th before Arturo Vidal scored twice in the space of five minutes.

As Bayern marched into the quarterfinals for the sixth consecutive year, Arsenal cannot be certain it will even be back in the competition next season as it is currently out of the Premier League's top four. There's also uncertainty over the future, with Wenger out of contract at the end of the season. THE ASSOCIATED PRESS

REAL EASILY PROGRESS IN NAPLES

Real Madrid survived an early scare to win 3-1 at Napoli on Tuesday and reach the Champions League quarterfinals for a seventh successive time.

Trailing 3-1 from the first leg, Dries Mertens gave Napoli hope with a 24th-minute strike but Madrid hit back through a Sergio Ramos header. Mertens then scored an own goal to effectively end the contest. Alvaro Morata wrapped up the 6-2 win on aggregate with a late tap in. THE ASSOCIATED PRESS

CURLING

McEwen and team perfect at the Brier

Manitoba's Mike McEwen remains unbeaten at the Tim Hortons Brier. He finished with three deuces in a row for a 9-7 comeback win over New Brunswick's Mike Kennedy in the early draw at Mile One Centre.

McEwen has won five straight games and is the only undefeated rink in the 12-team field. In other morning games, local favourite Brad Gushue of Newfoundland and Labrador dropped an 8-4 decision to Jamie Koe of the Northwest Territories.

Mike McEwen THE CANADIAN PRESS

Canada's Kevin Koe beat Nova Scotia's Jamie Murphy 8-5 and Quebec's Jean-Michel Menard needed an extra end to edge Ontario's Glenn Howard 7-6.

Two more draws are scheduled for later in the day. THE CANADIAN PRESS

IN BRIEF

Injury means Orlando's Kaka will be out for 6 weeks

Orlando City will be without star Kaka for about six weeks after he suffered a hamstring injury during Sunday's season opener.

The team announced Monday that the attacking midfielder from Brazil suffered a grade 1-2 left hamstring strain. Kaka suffered the injury in the opening minutes of the Lions 1-0 win over New York City FC during the debut of Orlando City's new soccer stadium. THE ASSOCIATED PRESS

Weir named assistant Presidents Cup captain

Canadian golf veteran Mike Weir has been named an assistant captain for this fall's Presidents Cup. International team captain Nick Price made the announcement Tuesday. The 46-year-old Weir has played in four Presidents Cup tournaments, compiling a 12-9-2 record. The biennial competition pits the United States against a team of players from countries outside Europe. THE ASSOCIATED PRESS

MLB

Halladay back with Phillies as instructor

Roy Halladay is back wearing a Philadelphia Phillies uniform.

The two-time Cy Young Award winner returned Tuesday to serve as a guest instructor in spring training. Halladay, who threw a perfect game in his first season in Philadelphia in 2010 and a no-hitter later that year in his first post-season start, is considering a more permanent role in the big leagues.

"I definitely want to get back in," Halladay said. "So just getting here and being around, obviously with a new front office they need to see who you are."

Roy Halladay THE ASSOCIATED PRESS

Halladay was 203-105 with a 3.38 ERA in 416 career games. His resume includes three 20-win seasons, eight All-Star games, and three other top-3 finishes for the Cy Young Award. THE ASSOCIATED PRESS

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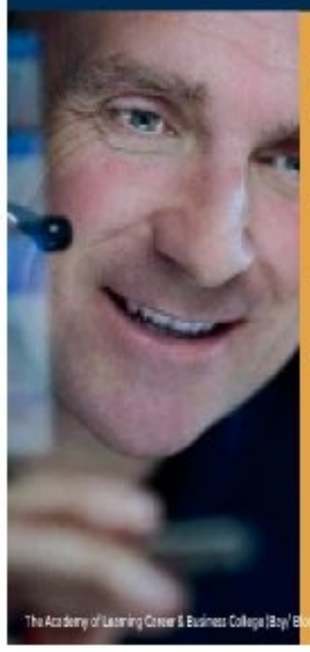

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Fast Vegetarian Skillet Lasagna

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Achieve maximum comfort food satisfaction with minimal mess when you whip up this one-pan dinner.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Serves 6

Ingredients
- 1 tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 medium zucchini, diced
- 1 tsp dried oregano
- salt and pepper
- 6 to 8 mushrooms, sliced
- 1 x 19 oz can of tomatoes
- 1 cup water
- 8 oz (250 grams) of dried pasta like farfalle
- 1 cup grated mozzarella
- 1 cup ricotta
- small handful of fresh basil

Directions

1. Warm up olive oil in a large skillet over medium heat. Add onions and garlic and allow to soften, about 3 minutes. Toss in zucchini, mushrooms and oregano. Stir occasionally until vegetables start to soften. Season with salt and pepper to taste.

2. Add tomatoes and break with the back of a spoon. Pour in water. Stir and bring to a simmer.

3. Pour pasta into the sauce and make sure it is submerged. Allow to simmer 15 minutes, stirring so it doesn't stick to the bottom.

4. When pasta is just about cooked, stir in mozzarella. Spoon ricotta over top of the dish. Cover the skillet for about 3 minutes to allow the cheese to warm through and soften. Sprinkle fresh basil before serving.

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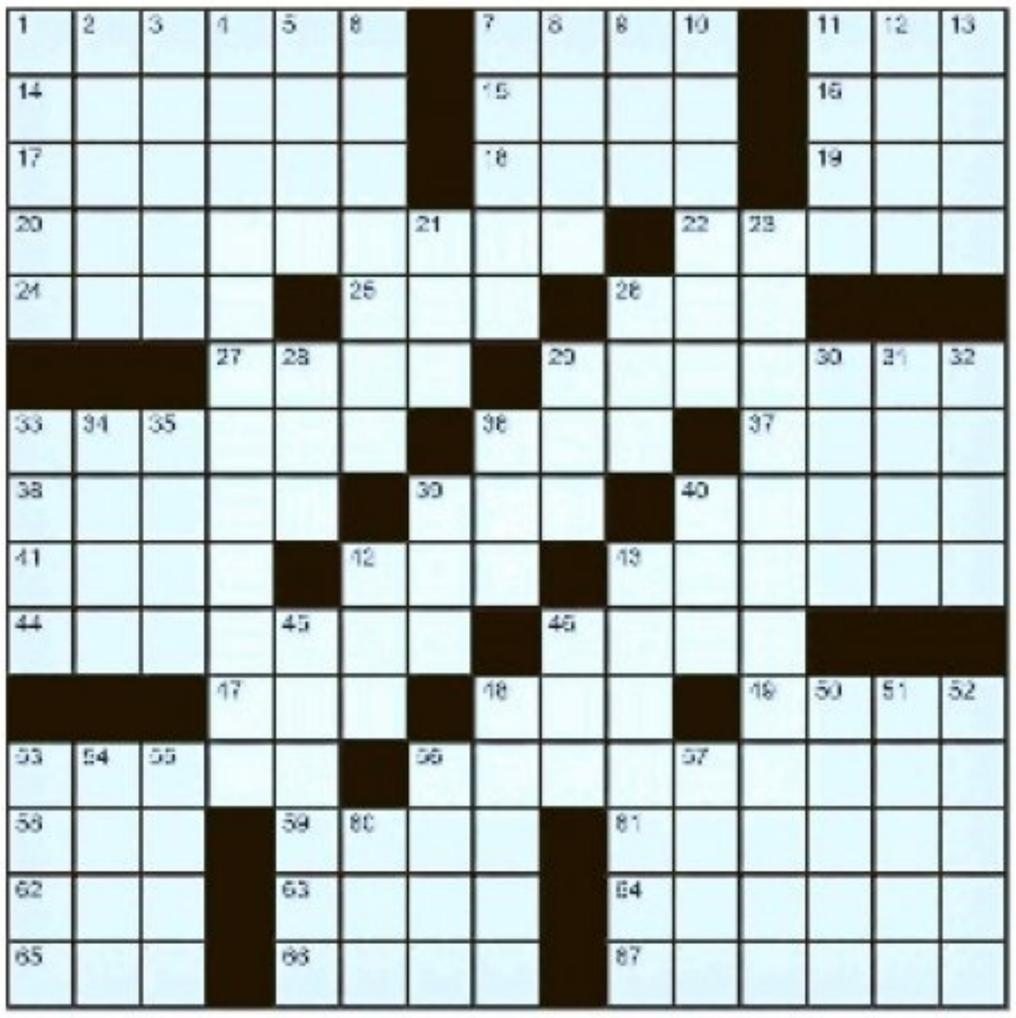
BY KELLY ANN BUCHANAN



ACROSS
1. Cucumber/lettuce/tomatoes concoctions
7. Member of Mary's flock
11. Intl. clock standard
14. Turn teary: 2 wds.
15. Corn lily
16. Impatient shout!
17. Shakespeare: Henry V character married to the King of France
18. Plug
19. Bakery bread
20. "__ When We Touch" by Toronto-born singer Dan Hill
22. Flower
24. Box
25. Ford, for one
26. Sainte-__ (Quebec City sector)
27. US Congressman Mr. Gowdy
29. Family tree member
33. Mistake/slip, in Latin
36. Don't hire a pro, e.g.
37. Sort of word
38. Decrease
39. Peat __
40. Newfoundland: Norway-like feature in Gros Morne National Park
41. "Perry Mason" star Raymond
42. Pottery creation
43. Out of sorts
44. Highlights in hair
46. Second-year student [abbr.]
47. Chicago trains
48. Poetically distant
49. Beaks
53. "Because the Night" songstress Ms. Smith
56. Wonderful
58. Cowboy's command!
59. Chew away
61. Consumption
62. Flora's mother in "The Piano" (1993)
63. Musical instrument, French __
64. Shut
65. Mr. Savalas, for short
66. 2, 2, 2, 2, 2
67. Most reasoned

DOWN
1. The __ Alps
2. Fabled name
3. Animal of The Andes
4. Thoroughfare in downtown Ottawa: 2 wds.
5. Two singers/One song
6. Edits the film in a way
7. 'In' indefinitely inmate
8. Foe of the Allies in World War II
9. Rich money amt.
10. Rocky __ (Sylvester Stallone role)
11. Pita serving of

#7-Across
12. Hellmann's, e.g.
13. "Gloria" band from Belfast
21. British Prime Minister, Theresa __
23. For Better or For Worse cartoonist: 2 wds.
26. Stir-__
28. Ms. McClanahan
29. Actor Mr. Young
30. Jim Morrison, for one
31. Knit one __ two...
32. Raggedy Ann's pal
33. Research rooms, e.g.
34. Edge
35. Catherine __ (Wife of Henry VIII)
36. Lassie, for one
39. "__ Stop" by The Hollies
40. Fashionable dresser
42. Writer Ms. Rowling's
43. __ Pilate, "Jesus Christ Superstar" (1973) role
45. Dismount
46. Little Ricky, to Lucy
48. Dullsville declarations
50. Stage: French
51. Cycles
52. Fragrance
53. Excellent, in slang
54. __-de-camp
55. Greenish-blue
56. Betting card game
57. "__ and the King" (1999)
60. Not later

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be patient with family members today to avoid squabbles and arguments. (This is not a good way to start your day — or anyone else's.) Be chill.

Taurus April 21 - May 21
If you can get past some tension this morning, the rest of the day will be quiet and comforting. In fact, you will want to cocoon at home if you can.

Gemini May 22 - June 21
Money disputes or an argument about something you own might occur this morning. Try to move past it so that you can enjoy a busy day full of errands and fun.

Cancer June 22 - July 23
People are touchy this morning. Give them a wide berth. Later in the day, you will be focused on money and cash flow. Ka-ching.

Leo July 24 - Aug. 23
This morning it's easy to be grumpy. However, soon the Moon moves into your sign, which gives you an advantage over everyone else. Enjoy your good fortune.

Virgo Aug. 24 - Sept. 23
Avoid morning arguments with a female acquaintance. Later in the day, do some research or find some privacy, and enjoy being on your own.

Libra Sept. 24 - Oct. 23
You like to keep the peace. Therefore, avoid arguments in the morning, because the rest of the day is warm and friendly.

Scorpio Oct. 24 - Nov. 22
Steer clear of sensitive subjects like religion, politics and racial issues this morning. Later in the day, bosses, parents and VIPs will talk about you for some reason.

Sagittarius Nov. 23 - Dec. 21
Disputes about shared property might arise this morning. Let these go, because what you really want to do is get out and have a change of scenery today. Do something different.

Capricorn Dec. 22 - Jan. 20
Be patient with partners and close friends this morning to avoid arguments. Later today, you might ponder how your values are different from the values of others.

Aquarius Jan. 21 - Feb. 19
You have to go more than halfway when dealing with others today because the Moon is opposite your sign. This simply requires a little patience, tolerance and cooperation.

Pisces
Feb. 20 - March 20
Avoid disputes at work this morning. You don't need this! Later today, you will play and schmooze with others, as well as delight in sports or playful activities with children.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5	9			1	4	2	7
3			5		8			9
1			7					5
9			3					8
	2	4	8				5	
			1				4	
			2			1		
			9			7		
	6	8				5		

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